

GARLIC SCAPES ?

By Bianca Aniski, MEd, RN

What is a garlic scape? Ask any of Mrs. Esarey or Ms. Turner's first grade students, located at the Ethel Jacobsen School in Surf City, New Jersey, and you will know that they are delicious, entertaining and educational. A garlic scape is a curly, tender green shoot that will produce a garlic flower. Since 2010, the students at the Ethel Jacobsen School have successfully planted garlic every October. The school's gardening program, known as "Digging in the Dirt," uses natural methods for gardening and has been able to grow garlic annually from each year's previous bulbs. The garlic is harvested and stored by Summer Gardening Volunteers to potentially be used in cross-cultural dishes for September's Farm to School Week. In New Jersey, garlic is harvested in July which is outside of the school's calendar year. However, in May/June the garlic scapes can be harvested and utilized for taste testing. Incorporating the scapes for taste testing the students have an opportunity to plant, harvest and cook "their" garlic plants in the same school year. Our First Grade classes would like to share a quick and easy recipe for taste testing in the classroom. We also invite you to visit the garden virtually at: www.DiggingInTheDirt.org for curriculum connections in literacy, math and science.

